



Growing Healthy Kids Columbus

VISION: *Columbus is a community in which all children have daily opportunities for active play and access to nutritious foods that lead to children entering kindergarten ready to live, learn and play at their best.*

Minutes

June 28, 2016 10:00am - 11:30am
Columbus Public Health, Auditorium

Attendees:

Children's Hunger Alliance	Mark Haynes
Children's Hunger Alliance	Matthew Frakes
CPH Access to Care	Emily Fisher
CPH My Baby and Me	Debra Hall
Action for Children	Ashiko Hudson
CPH Office of Minority Health	Jesus Ovalle
CPH WIC	Dawn Sweet
CPH Creating Healthy Communities	Katie Stone
CPH Creating Healthy Communities	Dana Dorsey
CPH Creating Healthy Communities	Amber Jones
CPH HCHW	Alyssa Dorsey
CPH HCHW	Ali Segna
CPH HCHW	Hannah Bills
Franklin County Family and Children First Council	Carol Taylor
Franklin County Public Health	Kristin Peters
OSU	Katy Rogers
Moms2Be	Carmen Clutter
CDCFC Head Start	Ervina Hoxha
OSU Extension	Carol Smathers
OSU Extension Franklin County	Jenny Lobb
YMCA Head Start	Jessica Rizzonelli
Personal Fitness Navigators	Ricardo Wilson
YMCA	Stephanie Cedeno

2016 STEERING COMMITTEE MEMBERS:

Carolyn Bernard, Columbus City Schools
Megan Gorby, Nationwide Children's Hospital
Mark Haynes, Children's Hunger Alliance
Ali Segna, Columbus Public Health
Bobbi Shannon, YMCA of Central Ohio

2016 STEERING COMMITTEE MEMBERS:

Carol Smathers, Ohio State University Extension
Dawn Sweet, Franklin County WIC
Jamie Turner, Columbus Public Health
Rebecca Wade-Mdivanian, Ohio State University Life Sports
Maria Villareal, CDCFC Head Start
Matthew Yannie, United Way of Central Ohio

Growing Healthy Kids Columbus is facilitated by Columbus Public Health - www.publichealth.columbus.gov

10:00am – 10:30am Member Introductions and Program Updates

All

- Highlights
- New resources/education
- Policy, system and/or environmental changes
- Challenges or barriers

Partner/Organization	Program Update
Ali Segna, GHKC	Quality of Work Life group at CPH used the DIY trail-mix bar at the CPH all staff meeting and won Gold! The Chronic Disease Prevention staff used the Healthy Meeting Guidelines for their lunch-in and had a wide array of healthy dishes, water only, and incorporated an activity break.
Jenny Lobb, OSU Extension Franklin County	Currently offering a Diabetes Management class and a class on food preservation focused on dehydrating.
Alyssa Dorsey, HCHW	Year 1 end of OSU Early Head Start partnership. Currently teaching MyPlate at Neighborhood pride events as part of the Wellness Wednesdays. Attended the conscious discipline training.
Jesus Ovalle, Minority Health	Hispanic Liaison gets information out from CPH programs and from other organizations to the minority communities at community events and health fairs in Columbus neighborhoods.
Matthew Frakes, Children's Hunger Alliance	Working with home providers to get to OHP and moving CHA to be a healthier environment.
Mark Haynes, Children's Hunger Alliance	There are 90+ early care home providers who have completed OHP trainings and will apply for OHP designation. 6 are part of OSU Early Head Start partnership. Hired director of human resources with invested interest in health and wellness, wants CHA to model the message!
Kristin Peters, Franklin County Public Health	Currently reaching out to schools and child care centers to connect with.
Amber Jones, Creating Healthy Communities	Led a 2 hour youth event in Hour a Day to Play. 2 additional properties going smoke free. Trying to strengthen smoke free policies near homeless shelters and public parks.
Carmen Clutter, Moms2B	Planning for program expansion. Opening a new site in Fall 2016 in South Linden area as well as 3 additional sites before 2018.
Stephanie Cedeno, YMCA	YMCA is sending a Mobile Food Site out to two different communities to drop off food and provide an Hour A Day to Play.
Carol Smathers, OSU Extension	Developed PSEC Game, will bring to next meeting. Game involves two teams who look at scenarios of health issues in neighborhoods.
Dawn Sweet, Franklin County WIC	Interim Director of WIC. CPH farmers market is scheduled for July 28, Aug 4, and Aug 11, from 10-1. WIC vouchers for the market at CPH increased from \$10 to \$20. Market will also accept veggie snaps. 18 farmers committed.
Katy Rogers, PhD student at OSU	Focusing on childhood obesity, here to receive information.
Ashiko Hudson, Action 4 Children	Program manager for a brand new program called New Beginnings for New Fathers. Program is for young dads between ages 16-24. Teaches parenting, co-parenting skills, and economic stability.
Deb Hall, My Baby and Me	Held first community shower on June 4 th with 18 vendors.

Carol Taylor, FC Family and Children First	Has made lots of correlation between brain trauma and obesity. Just got back from International Symposium for Dr. Perry's business. Hired new staff member to expand training. Completed trauma training for all CDCFC Head Start staff as well as many partner sites. Just named as part of the Healthier Buckeye Council group. Currently conducting trainings in the Hilltop area.
Jess Rizzonelli, YMCA	Preparing for next year. Setting the nutrition activities for next school year. Using key messages from HCHW for nutrition activities and handouts. Creating binder for healthy meals and snacks.
Dana Dorsey, Creating Healthier Communities	Shared Fresh Foods Here and Water First for Thirst marketing material.
Katie Stone, Creating healthier Communities	<p>Currently working on worksite wellness, safe routes to school, fresh foods here, and tobacco free initiative. Next Chronic Disease advisory board meeting is Sept 15th, 2-4pm at CPH, all are welcome. Presented at Make Summer Count.</p> <p>If interested in incorporating WFFT policies at your organization please contact Katie.</p> <p>Healthy Meetings kit for CPH building can be rented for employees. The kit includes the Healthy Meeting Guidelines, DIY Potluck sign-up sheets, Savor Before you Flavor signage, WFFT messaging, pitchers, serving spoons and bowls.</p>
Ervina Hoxha, CDCFC Head Start	CACFP monitor for CDCFC Head Start.
Emily Fisher, Access to Care	Educates groups and individuals in Central Ohio on how to gain access to healthcare. Currently seeking new partnership with organizations within Central Ohio who have a need for linkages for individuals to get healthcare enrollment. There is a meeting on July 12th at noon in room 119D at CPH for those who have invested interest in getting Ohioans covered.

10:30-10:35 am Pay-it Forward Award Winners

Stephanie Cedeno

YMCA of Central Ohio-The West Central preschool location hosted a Cinco de Mayo brunch for children and families. The YMCA used the Healthy Gathering Scorecard to plan their build your own breakfast burrito. Families created their own breakfast burritos from options such as grilled onions and peppers, turkey sausage, black beans, and Greek yogurt. Activities at the event included a physical activity break as well as matching food to the MyPlate.

10:35am – 10:50am YMCA Family Style Meals

Jessica Rizzonelli and Stephanie Cedeno

The YMCA Head Start centers have recently switched over to serving family style meals with the help of their vendor, Himes Vending. Currently, the YMCA centers are providing lunch family style but plan to serve breakfast and snack family style as well.

All three of the YMCA Head Start centers have kitchens on site; however, the kitchens are not commercial grade. This means that the kitchens cannot be used to prepare food or clean dishes. Jessica and Stephanie worked with the vendor closely to determine the best way to incorporate family style.

Himes delivers the meals in large disposable sheet pans. Once the food has arrived at the child care center, teachers spoon the food into smaller bowls. Smaller bowls and utensils are distributed to each dining table at the

center. Himes provides plastic trays to serve as plates for the children. After the meal, the small bowls and utensils are rinsed off and placed in a carrier. The next day, Himes collects the used bowls and utensils to be cleaned and returns the equipment to the center the following day. Multiple tongs, bowls, scoops, and spoons were purchased to keep as backup.

Education was a big piece of the puzzle. Jessica trained all YMCA Head Start staff about family style. Some teachers in attendance had already used family style and shared their experience with it. In addition, Stephanie worked with Himes to create a guide on which utensils to use with certain foods. These guides are posted in each classroom.

Family style serving can aid in a picky eater feeling more comfortable to try new foods, give the kids more control over what and how much they want to eat, develop gross motor skills, and promote socialization. YMCA staff says that the food tastes better and has started to use family style dining at home with their children.

Implementing family style dining with the YMCA took some time. Stephanie and Jessica worked to get Himes Vending on board and to see the benefits. They found that their vendor was very business minded and was focused more on the cost and time it would take rather than the benefits. After some education and lots of discussions, Himes and the YMCA have successfully implemented family style. Some teachers had reservations with family style dining. Teachers were worried about the mess and how kids would adapt. However, kids observed each other and caught on quickly. Teachers state that family style is not as messy as they expected. Family style can be challenging when classrooms are short staffed, but the older children are quick to assist.

The YMCA plans to write family style dining into their contract in the future.

10:50am – 10:55am Activity Break

Ricardo Wilson

10:55am – 11:00am Breaking News

Ali Segna

Updated Nutrition Facts Label

New to the Nutrition Facts label will include “added sugars,” along with a corresponding 10 percent-Daily Value—representing a limit of 50 grams (roughly 12 teaspoons) of added sugar towards the daily 2,000 calories recommended for most adults.

Other changes include:

1. New design to highlight calories and servings
2. Dual column to indicate both per serving and per package calorie and nutrition information
3. Upper limit of sodium will be decreased from 2400 to 2300
4. Declaration of potassium and Vitamin D will now be required
5. Vitamins A and C will now be voluntary

New labels are required by July 26, 2018

New York City Can Now Enforce Sodium on Menus

On May 26, 2016, A New York appeals court lifted the temporary halt order, allowing New York City health officials to start enforcing the rule on salt warnings.

Under the requirement, which only applies to restaurants that have 15 or more locations around the country, warnings in the shape of a salt shaker must be placed next to any menu item with more than 2,300 milligrams of sodium. That's the equivalent to a teaspoon of salt and the daily limit suggested by the federal government.

The city said it would begin enforcing the rule – and slapping \$200 penalties on violators – on June 6.

Stockton, CA Passes 'Healthy-by-Default' Kids' Meal Beverage

On June 8th, the city of Stockton, California passed an ordinance requiring either water or milk to be served as the default beverage in children's meals. This is the second law of its kind adopted by an American city, following the city of Davis, California. The so-called "healthy-by-default" rule—passed unanimously by the Stockton City Council—aims to impact the city's skyrocketing childhood obesity rate and worsening type 2 diabetes epidemic. The ordinance will go into effect July 8, 2016.

Philadelphia Passes Sugary Drink Tax

New Philadelphia tax of 1.5 cents per ounce on sugar sweetened beverages will be used to fund programs such as citywide pre-K education. The tax, passed by the City Council with a 13-4 vote, will take effect Jan. 1, 2017.

11:00am – 11:30am Artificial Sweeteners: Parts 2

Ali Segna and Carol Smathers

Part 2 discussed the downgrade of Sucralose by CSPI from 'caution' to 'avoid', the GRAS approval process which includes stevia and monk fruit, and the latest research in disease association, weight loss, pregnancy and lactation, and current recommendations for young children. The full presentation can be viewed in the 2016_06_28_GHKC Meeting Presentation.

Question asked: What sugars would be best, if any (i.e. agave, honey, maple syrup)?

Homework: Please review the scorecards and bring suggested edits to the next meeting.

Next Meeting: July 26, 2016, 10:00am-11:30am Columbus Public Health, Auditorium

Table A

FDA Approved Non-Nutritive Sweeteners and CSPI Recommendations

Sweetener	Regulatory Status	Examples of Brand Names Containing Sweetener	Multiplier of Sweetness Intensity Compared to Table Sugar (Sucrose)	Acceptable Daily Intake (ADI) mg/kg of body weight/day	Number of Tabletop Sweetener Packets Equivalent to ADI*	Center of Science in the Public Interest (CSPI)
Acesulfame Potassium (Ace-K)	Approved as a sweetener and flavor enhancer in foods generally (except in meat and poultry)	Sweet One®, Sunett®	200 x	15	23	AVOID
Advantame	Approved as a sweetener and flavor enhancer in foods generally (except in meat and poultry)		20,000 x	32.8	4,920	SAFE
Aspartame	Approved as a sweetener and flavor enhancer in foods generally	Nutrasweet®, Equal®, Sugar Twin®	200 x	50	75	AVOID
Neotame	Approved as a sweetener and flavor enhancer in foods generally (except in meat and poultry)	Newtame®,	7,000-13,000 x	0.3	23 (sweetness intensity at 10,000 x sucrose)	SAFE
Saccharin	Approved as a sweetener only in certain special dietary foods and as an additive used for certain technological purposes	Sweet and Low®, Sweet Twin®, Sweet'N Low®, Necta Sweet®	200-700 x	15	45 (sweetness intensity at 400 x sucrose)	AVOID
Sucralose	Approved as a sweetener in foods generally	Splenda®	600 x	5	23	VOID
Certain high purity steviol glycosides purified from the leaves of <i>Stevia rebaudiana</i> (Bertoni) Bertoni	≥95% pure glycosides Subject of GRAS notices for specific conditions of use	Truvia®, PureVia®, Enliten®	200-400 x	4**	9 (sweetness intensity at 300 x sucrose)	PROBABLY SAFE
<i>Siraitia grosvenorii</i> Swingle (Luo Han Guo) fruit extracts (SGFE)	SFGE containing 25%, 45% or 55% Mogroside V is the subject of GRAS notices for specific conditions of use	Nectresse®, Monk Fruit in the Raw®, PureLo®	100-250 x	NS***	ND	CAUTION

* Number of Tabletop Sweetener Packets a 60 kg (132 pound) person would need to consume to reach the ADI. Calculations assume a packet of high-intensity sweetener is as sweet as two teaspoons of sugar.

**ADI established by the Joint FAO/WHO Expert Committee on Food Additives (JECFA)

*** NS means not specified. A numerical ADI may not be deemed necessary for several reasons, including evidence of the ingredient's safety at levels well above the amounts needed to achieve the desired effect (e.g., as a sweetener) in food.

Resources: 1. U.S. Food and Drug Administration. Additional Information about High Intensity Sweeteners Permitted for use in Food in the United States.

<http://www.fda.gov/food/ingredientspackaginglabeling/foodadditivesingredients/ucm397716.htm>, web access April 21, 2016.

2. Center for Science in the Public Interest. It's Sweet...But is it Safe? <http://www.cspinet.org/new/201312311.html>. Web access March 25, 2016.